

TIP OF THE

July 15, 2005

# SWORD

Incirlik Air Base, Turkey



**Change of Command**  
Incirlik greets new wing commander

# TIP OF THE SWORD

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## On the cover:

**Col. "Tip" Stinnette gives his first speech as 39th Air Base Wing commander Monday. Colonel Stinnette spoke on the importance of courage, conviction and communication. See related article, Page 2. (Photo by Tech. Sgt. William Gomez)**

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Photo by Tech. Sgt. William Gomez

Col. "Tip" Stinnette receives the 39th Air Base Wing guidon from Lt. Gen. Robert Bishop during Monday's change of command ceremony.

## New commander impressed, ready to continue on glide-path

**By Col. "Tip" Stinnette**  
 39th Air Base Wing commander

Thank you so much for the warm welcome ... I was awestruck at the change of command and you clearly overwhelmed me with the spectacular ceremony, attention to detail and open-armed reception. Team Incirlik is impressive and your professionalism is apparent and very visual. Let me begin with what I call the BLUF or Bottom-Line Up-Front... Col. Michael Gardiner and you are exactly on the right glide-path and my objective is to continue on that path with course adjustments that improve our position.

Over the next few weeks, I will endeavor to meet as many of you as possible one-v-one. I will ask you three questions ... what do you want to do next, what do we do well, and what do we need to improve? All three are simple questions that will help us to refine our focus. I look forward to your honest and candid answers. I plan to follow-up in early August with a town-hall meeting so that I can meet the extended Incirlik family and put a face to my name.

Clearly I have some thoughts on how

to frame our journey together during my tenure at Incirlik. I would like us to lead the way in USAFE ... from fitness to safety and all the key enablers for the human weapon system. Our priorities in this area will be family, fitness and focus. We must endeavor to support our families and tend to our fitness in terms of the physical, emotional, and spiritual dimensions. Our success in these areas will enable us to retain a laser-like focus on our mission which requires courage, conviction and communication.

As always, force and family protection is a key component to our success and we need to seek ways to maintain our vigilance. We need to celebrate our diversities and unlock the synergistic power that each of us bring to the team. We are so very fortunate that we have the privilege to enrich ourselves individually by building a strong and positive relationship with our hosts. We are truly blessed to have such a diverse team here at Incirlik both in mission and culture.

Again, thank you so much for welcoming me to the team ... my job is you! Buckle-up, check-in ready and keep your cranium on a swivel.

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# Professionalism, integrity, humility — difference between ‘Good, Great?’

By Lt. Col. Jeff Smith

47th Operations Support Squadron commander

**LAUGHLIN AIR FORCE BASE, Texas (AFPN)** — Why does the Air Force continually attempt to mentor, develop and shape us as Airmen?

It's not because the Air Force needs good men and good women; rather, it's because the Air Force needs great men and great women. We need individuals willing to take the personal tools that we've been given and diligently forge them into skills of greatness. Not greatness for ourselves, but greatness for service...service to humanity.

As I reflect on the great men and women that I have been honored to serve with, I have noticed three distinctive characteristics that make the difference between good and great: Professionalism, Integrity, and Humility.

Professionalism is ensuring that the job we are given is done right. When we complete a task, we must be willing to sign our name to it and consider it a personal beacon, a reflection of who we are and what we bring to the fight. Our deeds define our reputation and our reputation defines our lives.

Our professionalism is measured every day by the passion in which we seek lasting solutions and by the spirit of excellence that we demand of ourselves and of those around us.

Do not be fooled. When the uniform comes off and the duty day is over, professionalism does not get hung in the closet. Our profes-

sionalism is not defined by the clock on the wall; rather it is defined by who we are every moment of every day. Whether in blues in parade, BDUs in battle, or jeans at a club downtown, we must all reflect a beacon of professionalism that cannot be extinguished.

If professionalism is doing the job right, then integrity is doing the right job. While professionalism is a beacon of our lives, integrity is the banner of our heart. A man or woman who cannot be trusted will not ever reach the level of greatness that our military calling requires.

My father taught me that it takes a long time to build trust and only a moment to lose it. Our lives, what we say, what we sign, and what we claim to believe cannot be laden with folly. In our profession, there is simply too much at stake. Instead, we must build a banner of integrity that is beyond reproach, beyond question.

Finally, it is the virtue of humility that will lead our lives to greatness. We are taught to “do nothing out of vain conceit or selfish ambition, but in humility consider others greater than ourselves.”

A man without humility risks intoxication by his own perceived power. True greatness, the kind of greatness needed throughout our military service, will only be found in those rare individuals that seek wise council, admit when they are wrong, and allow others to take the credit for success.

Professionalism, Integrity, Humility: characteristics that empower our ability to serve. Our individual challenge is to continually develop and improve all three. They simply make the difference between good and great.

## Tracing wires

Senior Airman Jason Sharp, 39th Communications Squadron, traces out transmit audio from the backplane of a rack to the associated transmitter.



Photo by Airman Bradley Lail



# Action Line

## Shortage of four-bedroom houses on base creates problem for Airmen

**Concern:** I am disappointed in the way the housing office assigns new arrivals into quarters. I know I am not alone – it is a big topic around base at any social gatherings.

I arrived here about three months ago and was assigned to a three-bedroom unit the very next day. My spouse and I have three children, ages 9, 5 and 2. According to the AFL, the Incirlik supplement, my family is authorized a four-bedroom unit; same as we were authorized and assigned to at our previous base. However, I was told at the housing office I was only authorized three, so I accepted the three-bedroom house. I know there are four-bedroom units available because there are several vacant in my neighborhood.

According to the AFL, if a four-bedroom house is available when a five-person family moves in, they should be placed in an available four-bedroom. If such a unit is not available, then table 5.2 comes into play. Paragraph 5.9 states that one bedroom per family member is the basic starting point for placing a family in housing.

**Can this be addressed so it doesn't happen to future arrivals?**

**Response:** Thank you for bringing this matter to our attention and giving us the opportunity to address an issue we know is of great interest and concern to many families on base. We agree with you – it is the basic DoD premise that each family member, exclusive of spouse, is assigned a bedroom if existing inventory permits. Otherwise, Table 5.2 of AFI 32-6001, *Family Housing Management*, is used to determine housing requirements.

At Incirlik, we have an acute problem re-

garding multi-bedroom housing units – we simply do not have enough three- and four-bedroom units to provide a separate bedroom for each dependent. We currently have 232 families that have three or more dependents. Per the AFI and the basic DoD premise, each family should reside in at least a four-bedroom housing unit. However, we only have a total of 135 four-bedroom units available. Therefore, we must go by Table 5.2 of AFI 32-6001 to determine which families with three or more dependents should be given priority in the four-bedroom housing units.

Based on the information you provided regarding your family size and the age and gender of your dependents, you were correctly assigned to a three-bedroom house. Per Table 5.2, your son would have to be at least 6 years old and your daughter at least 10 years old before you would have been authorized a four-bedroom house.

The Air Force is moving as rapidly as funding allows to a basic four-bedroom standard for family housing. We currently have two major military construction projects before congress this year with a very good probability of approval. Over the next three years, these projects will increase our existing inventory of four-bedroom units from 135 to 343.

Once your son and daughter reach their sixth and ninth birthdates, you will be eligible to sign up on the waiting list for a four-bedroom house. You will be assigned to a four-bedroom house as soon as all other qualified applicants for a four-bedroom house have been housed and there are no other applicants above you on the list.

## Commander's Action Line program

The Action Line program provides an avenue for the Incirlik community to voice their concerns, complaints and opinions to Col. "Tip" Stinnette, 39th Air Base Wing commander.

The program should only be used after trying to resolve the issue through

the chain of command.

Submit Action Lines by e-mailing [action.line@incirlik.af.mil](mailto:action.line@incirlik.af.mil) or calling the 39th Public Affairs Office at 6-6060.

Concerns will be edited to 300 words or less. Questions and responses may be printed in the *Tip of the Sword*.

## YOUR TURN

**Who has made the biggest impact on your life?**

"My best friend, Maria, because we did our first adventure race together, all the holidays we've



spent together. We've done a lot of stuff together."

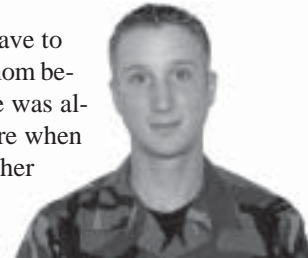
– **Richelle Kemper**, 39th Services Squadron

"My Dad, he was prior Air Force and we think alike and we get along really well."



– **Tech. Sgt. Bryan Patni**, 728th Air Mobility Squadron

"I'd have to say my mom because she was always there when I needed her and she gave me the freedom to make my own decisions. She is very supportive."



– **Staff Sgt. Don Orifice**, 39th Medical Squadron

"My parents, specifically my dad. He's a Marine and he instilled a lot of military values in me. He did three tours in Vietnam so he really knows what it is to serve. I think that helps me excel in the Air Force."



– **Master Sgt. Jeff Martin**, 39th Contracting Squadron

To submit a question for "Your Turn," call 6-6060 or e-mail [tip.sword@incirlik.af.mil](mailto:tip.sword@incirlik.af.mil)

# Library hosts “dreamy” photo contest

By 1st Lt. S.J.B. Bryant  
39th Air Base Wing Public Affairs

The base library will give people of all ages a chance to show off their photography skills as it hosts a Castle Photo Contest now through Aug. 31.

The contest, which is part of the United States Air Forces in Europe reading program Dragons, Dreams, and Daring Deeds, has three age categories with winners announced in October.

“As we receive the pictures, we will post them in the library,” said Donna Witt, base library technician and the contest coordinator. “All through September people visiting the library will vote on their favorite photos. The

castle theme was picked to go along with the Summer Reading Program theme of “Dragons, Dreams, and Daring Deeds.” Children in the program have been reading about castles, along with dragons, knights, and fair maidens. We hoped the photo contest would be one more way to bring the stories they are reading to life.”

Turkey has several castles to choose from, said Ms. Witt. Just down the road at Kizkalesi there is the maiden’s castle. There is also Snake Castle and Black Castle in the local area. There are castles in Istanbul, Bodrum, Antalya, Izmir and practically everywhere around the country. This is a way for people who have had a chance to see some of these places can share their photos with others.

“But we do not want to restrict the contest to pictures of only Turkish castles,” said Ms. Witt. “Because people at Incirlik have lived in or traveled to so many wonderful places in the world and we thought this would be a great way to highlight some of those places.”

People should submit printed photos only to be judged in one of three age groups: adult (18 years old or older), young adult (ages 13 to 17) and children (ages 12 and younger). Prizes will be awarded in each category and only printed photos will be accepted (no digital photos on CD or disk).

A copy of the contest rules can be picked up at the library or found on the Incirlik local library page at <http://www.usafelibraries.org/>

## *Tops in Blue visit Incirlik*

By 1st Lt. S.J.B. Bryant  
39th Air Base Wing Public Affairs

The 52 year-old Air Force entertainment group, Tops in Blue, will perform at Leisure Time Park Sunday at 8 p.m. as part of its World Tour 2005.

This performing troupe is the Air Force’s premier entertainment showcase and highlights the Air Force’s “best and most talented” Airmen during a 90-minute, non-stop show.

“I first went to a Tops in Blue show years ago and thought it was just a ‘mandatory fun’ event,” said Maj. Michael Platt, 39th Services Squadron commander. “But it turned out to be one of the best performances I had ever seen. I have enjoyed their shows ever since.”

According to the troupe’s website at [www.afsv.af.mil](http://www.afsv.af.mil), the unit’s goal is to enhance mission productivity for Air Force members and their families. Entertaining more than 250,000 military personnel and their families each year, Tops in Blue people average about 120 performances at 100 locations worldwide. They not only perform at bases and locations throughout the continental United States but hit the stages of Canada, Europe, Central America, Alaska and the Pacific as well.

“What began in 1953 as a way to recognize military talent soon blossomed into the troupe that will perform here Sunday,” said Major Platt. “It will be a great show with a variety of music. I am sure they will have something for everyone of any age – single, married with family.”

Since the performance is at Leisure Time Park — the grassy area beside the fitness center — and no permanent seating is set up, people are encouraged to bring lawn chairs or blankets, said Major Platt.



Photo by Airman 1st Class Larry Reid Jr.

## Crafts and a story

Sanaa Hodge-Butler, 3, colors at arts and crafts session during the Library Reading Hour, July 8. The reading hour is Fridays from 10:30 to 11:30 a.m. and is open for children 3 to 5 years old.



Project Wizard, a U.S. Air Forces in Europe special interest program, focuses on the oppor-

tunities to study and explore through libraries. For more information about the program, call the library at 6-6759.

# Input needed for civilian personnel system

By Donna Miles

American Forces Press Service

**WASHINGTON (AFPN)** — Civil service employees who soon will come under the new National Security Personnel System have an opportunity to help shape the program.

The new National Security Personnel System Factor Survey gives general schedule employees the chance to register their views about several performance factors identified for inclusion in the new personnel system.

“Now we need your assistance to ensure that these performance factors are relevant and reflect work that you personally perform on your job,” Gordon England, acting deputy secretary of defense, wrote in a June 29 memo to DOD civilian employees.

Mr. England emphasized the importance of the survey in his memo. While stressing that participation is voluntarily, he urged civil service employees to participate.

“I thank you for your feedback and participation in the NSPS design process thus far,” he wrote. “We still need your help.”

The survey period began July 6 and continues through July 20.

Charles Abell, principal deputy undersecretary of defense for personnel and readiness, urged employees to take the 15 or 20 minutes required to complete the online survey to ensure their views are known.

Views expressed in the survey will have long-term implications, Mr. Abell said. The results will help program implementers determine what factors will be used to evaluate employees’ job performance for the next 15 or 20 years, he said.

“It’s an opportunity for (employees) to have a voice in the system that they are going to be living under and to make sure that we get it right,” said Mary Lacey, program executive officer for the NSPS.

“And we want to get it right,” she said. “We want to hear what

employees have to say, and we want them to be a part of our design process.”

Ms. Lacey said system designers are particularly interested in hearing from civil service employees who have been part of DOD personnel demonstration programs.

“They bring to the table real experience in a system that has National Security Personnel System-like features,” she said. “So we think their input will be incredibly valuable.”

Meanwhile, progress continues in putting the new personnel system in place. The current goal is to publish the final regulations in the Federal Register by summer’s end and begin bringing the first employees into the system by the end of the fiscal year, Ms. Lacey said.

However, she said, the implementation schedule will be “event-driven,” and “we are not going to take certain steps until we are ready.”

Once in place, the new personnel system is expected to benefit the Defense Department and its civilian employees alike by doing away with outdated, bureaucratic policies.

“DOD is a dynamic institution,” Mr. Abell said. “Our mission has changed, our focus has changed, and this will allow the civilian-employee workplace to change with that changing mission and changing focus of our leadership.”

One of the system’s key features is a pay-for-performance plan that rewards and recognizes individual performance and contributions.

The new system also will allow employees to get more involved in their individual career development, with broad pay bands and occupational groupings giving them more flexibility to shape their careers, Ms. Lacey said.

The result, Mr. Abell said, will be a workplace that’s “more productive (and more) efficient, with our jobs aligned with our mission.” Once the system is implemented, DOD “ought to be a happier place to live and work,” he said.

## *Housing allowance guidelines won’t result in pay cut*

By Army Sgt. Sara Wood

American Forces Press Service

**WASHINGTON (AFPN)** — Defense officials are eliminating the “geographic rate protection” clause that ensures servicemembers moving to a new area receive the same housing allowance as those already living there.

Geographic rate protection is expiring in January because basic allowance for housing rates have reached a level where servicemembers no longer have to pay out-of-pocket expenses for housing, said Col. Virginia Penrod, the Defense Department director of military compensation.

Colonel Penrod stressed that the housing allowance rate is set at the average housing cost for the area. Rates are further set based on military rank, with each pay-grade level having a set acceptable standard of housing.

Servicemembers may still have to pay some out-of-pocket expenses if they choose to live above that level. Conversely, if servicemembers choose to live below the average level, they will still receive the same BAH rate.

Servicemembers still have “individual rate protection” as long as they stay within the same geographic area. If average housing costs in a given geographic area go down, people already living in that area continue to receive the higher amount.

However, servicemembers moving into that area receive the lower amount. Geographic rate protection was a temporary protection put into effect to prevent people of the same pay grade living in the same area from getting different amounts of housing allowance.

Rate protection was instituted in 2000 to ensure BAH rates were the same among like-pay grade individuals living in the same area while troops were still paying part of their own housing expenses, Colonel Penrod said. Now

that housing allowance rates are high enough to cover servicemembers’ entire housing expenses, geographic rate protection is not necessary, she said.

“It was a short-term program,” she said. “We always had in our minds that we would eliminate the protection once the out-of-pocket (expenses) went to zero.”

Under the new guidelines, servicemembers moving to a new area receive the allowance rate for that area, regardless of whether troops already living there are receiving a higher rate, the colonel said.

Colonel Penrod said the change makes financial sense.

“We’re adjusting rates to where they should be,” she said.

Each year, BAH rates are adjusted with input from military housing offices in the area. If it is determined the rate needs to be increased, all servicemembers in that area receive the increase.



# Defense review matches strategy with capabilities

By Jim Garamone

American Forces Press Service

**WASHINGTON (AFPN)** — The Quadrennial Defense Review, due to Congress in February, is a long-term look to ensure the Defense Department has the tools needed to do the missions of the future, a senior DOD policy official said.

Douglas Feith, undersecretary of defense for policy, said the review will take its cues from the National Defense Strategy released in March.

"The Defense Strategy stresses the importance of strategic uncertainty," Mr. Feith said. "It tells everyone in the department, 'Don't pretend that you can predict the future.'"

When he entered office more than four years ago, the hottest topic was ballistic missile defense. No one could have predicted the threat that turned into the attacks of Sept. 11, 2001.

"We have to understand that the world is going to present us with challenges that we're not going to precisely identify in advance," he said. "That doesn't mean that you can't plan. You have to plan to be surprised."

Given an uncertain future, the United States must build a force that is flexible, fast and can counter many different threats, he said.

A spectrum of challenges faces America and its allies, Mr. Feith said. Some are conventional challenges from nation states. Others focus on terrorist threats. Still others deal with responses to catastrophic challenges and others with disruptive challenges.

"There are some people who think that since 9-11 we are focused only on irregular threats and we've forgotten other types of problems," Mr. Feith said. "That's just not the case."

Another large part of the review deals with other countries. Obviously, Mr. Feith said, the United States needs the cooperation of other

countries to defeat terrorists. The United States does not have the freedom of action to go after terrorist cells wherever they are located.

"There are great difficulties (in) having to fight an enemy who is present in numerous countries with whom we are not at war," he said.

Part of the National Defense Strategy is to "encourage and enable" other countries to go after terrorists, Mr. Feith said. The QDR will look at ways the military can build what he called "partnership capacity."

"How do we work with other countries to build up their capabilities to act in our common interests?" he asked.

The undersecretary said there are probably changes in law, in institutions, in activities and in resources that would allow DOD to do this more effectively.

Mr. Feith also expanded on the idea of "jointness." He said the traditional usage of the term is military services working together. But, he said, he sees "expanding rings" of jointness, first encompassing the military working with other federal agencies and then as a country working with international partners.

"This is a war that clearly cannot be won by military means alone, and it cannot be won by the United States alone," he said.

One example is the global peace operations initiative that strives to build the capabilities of other countries.

"We have the thought of working with Congress to change some of the 'stovepiped' arrangements for training and equipping other countries' security forces," he said.

DOD needs to work more closely with the State and Justice departments and others to facilitate the training, he said.

Mr. Feith said officials will use information gleaned from the QDR to inform the decisions for the 2007 defense budget request.

## IN THE NEWS

### AFIT opportunity

For non-rated lieutenants and captains, the National Reconnaissance Office is soliciting candidates for advanced education opportunities. Seventeen positions are being offered. For more information, call Frank DiNatale at 6-3211.

### Finance cashier cage

The finance cashier's cage operating hours are 9 to 11 a.m. and noon to 4 p.m. Mondays through Fridays. The check cashing limit is \$1,500 per family per week. For more information call Tech. Sgt. Andre Thomas at 6-3204.

### Drinking water

Incirlik's water quality is checked by the bioenvironmental engineering office to ensure it complies with health standards set forth by the Final Governing Standards of Turkey which mirrors the U.S. Environmental Protection Agency regulations. These standards limit the amount of certain contaminants in drinking water.

Lead is commonly used in some plumbing materials and the bioenvironmental engineering office has sampled for lead to ensure this contaminant is not leaching into Incirlik's drinking water.

Results have proven to exceed all health requirements — these trace amounts of lead are not present in an amount that would cause adverse health effects.

Bioenvironmental Engineering continuously monitors Incirlik's drinking water to ensure that it meets these health standards and additional criteria driven by Force Protection, making it a safe choice for everyone. For more information people may read the 2004 Drinking Water Consumer Confidence Report located on the Source or call Staff Sgt. Leslie Sybert at 6-6305.

### Sports physicals

Appointments are available in the pediatric clinic every Thursday afternoon, except the third Thursday of every month, through the end of August. For more information or to make an appointment, call 6-6173 or 6-6174.



Extreme Summer is a U.S. Air Forces in Europe program that gives points and prizes for using base facilities and programs. Play to win prizes, trips, cars and

more. Visit any services facility to register or log on to [www.extremesummer.com](http://www.extremesummer.com).

It takes 300 points to qualify for a chance to win one of the monthly prize drawings for a trip to the Edelweiss Lodge and Resort in Garmisch, Germany.

The Community Center is the Extreme Summer Headquarters for Incirlik. For more information, call 6-6966 or visit [www.extremesummer.com](http://www.extremesummer.com).

# A new 'Tip' at the tip of the sword

By Senior Airman Jessica Switzer

39th Air Base Wing Public Affairs

"Bring your courage, bring your conviction and let's communicate."

With these words Col. "Tip" Stinnette, 39th Air Base Wing commander, greeted his new command, the men and women of the 39th Air Base Wing.

Colonel Stinnette was previously the vice commander of the 21st Expeditionary Mobility Task Force at McGuire Air Force Base, N.J. where he had served since March 2004.

One of the most important things to the colonel is what he calls the "Three Cs:" courage, conviction and communication. Especially communication.

"The effective transmission of a message depends on how it is communicated," Colonel Stinnette said during his change of command speech. "The Army calls it HUA: heard, understood, acknowledged and the Air Force says Roger Wilco: understand, will comply. When properly mastered its effects are synergistic ... this is the stuff that makes things go and the bedrock of our installation partnerships."

Colonel Stinnette was commissioned in 1980 from the Virginia Military Institute. He is a master navigator with more than 5,000 flying hours in the C-130. He has commanded an airlift squadron, an expeditionary group during Operation Iraqi Freedom and an air mobility operations group.

Some of the things he expects from the people of Incirlik include timeliness, loyalty and a drive to do their mission the best way possible every day.

Fitness is another of the colonel's watchwords, but not just physical fitness.

Colonel Stinnette stresses the importance of supporting families and "tending to fitness in terms of the physical, emotional and spiritual dimensions."



Photos by Tech. Sgt. William Gomez

Col. "Tip" Stinnette assumes command of the 39th Air Base Wing during the change of command ceremony Monday.

Colonel Stinnette is heading out to meet as many people one-on-one as he can and he intends on asking a few questions on improvements, strong point and goals.

In an effort to reach as many people on base as possible with his message Colonel Stinnette is holding three Commander's Calls today. The calls are at 8 a.m., 4 p.m. for everyone on base at the 39th Logistics Readiness Squadron warehouse and 5:30 p.m. at the 39th Security Forces Squadron guard mount for those 39th SFS members who could not make it during the other times.

"This is a mandatory formation for all military personnel so that the wing commander can introduce himself to the base population," said Chief Master Sgt. Raymond Allen, 39th Air Base Wing command chief master sergeant. "



Incirlik servicemembers greet Col. "Tip" Stinnette with his first salute as the 39th Air Base Wing commander during the change of command ceremony Monday. The ceremony began in the reign

of Fredrick the Great of Prussia to make sure all a unit's troops could witness their new commander assume control of their unit flag as a symbol of taking command of the unit's leadership.





## Ask MEHMET

By Mehmet Birbiri, *Host Nation Adviser*

### Cleaning carpets

**Question:** Mehmet, when I was in Adana last month, I saw Turkish carpets hanging over balconies of apartment buildings. A Turkish friend told me that those carpets are washed. How can we wash Turkish carpets and kilims?

**Response:** Late spring is the season when people take their carpets off the floors in Adana. The Adana area becomes quite hot in summer and wool carpets add more heat to the house if they are left on the floors. Therefore, the people in the Adana area take the carpets off the floor at the beginning of summer and put them back before winter starts.

Before moving the carpets and storing them all summer long, they are cleaned.

Washing carpets is not a common practice unless a carpet is very dirty. Normally, Turkish women vacuum the carpets first, then wipe them with a rag soaked in soap foam. Then they wipe the carpet again with another rag soaked in clean, fresh water. In order to dry, air and refresh the carpets, they are hung over balconies.

Before rolling and putting them away for several months, moth powder, much like the moth balls Americans use, is spread between the rolls.

Many American military members assigned to Turkey purchase Turkish carpets. They are usually hand-made ones, products of months of labor and, in some cases, an investment for the buyer that will retain its value as years pass.

Carpets are woven on the looms by knotting wool or silk on cotton or wool threads. As well as the design and quality of the material used, the value of a carpet depends on the number of the knots they have in one square centimeter. Kilims are flat woven carpets with made on special looms.

Carpets and kilims need special care. The wool pile attracts dust and dirt, and regular cleaning is required to keep them bright and attractive.

The colors of the machine-made carpets are more stable than handmade and kilims.



File photo

Rabiye Yilmaz, a Turkish babysitter, scrubs a carpet before storing it for the summer.

Most of the dark colors — particularly red, blue and green — have a tendency to run when the carpet is washed. Here are some hints to keep in mind when washing a Turkish carpet or kilim.

- ♦ Do not wash carpets or kilims in washing machines of any kind.
- ♦ Vacuum the carpet before cleaning. Holding it upside-down and shaking it serves the same purpose. Hanging and beating the carpet, as some do, is not good. Some people turn the carpets upside down and use it that way for a while so the dust and dirt in the wool pile fall on the floor.
- ♦ Spread the carpet out on a wooden rack. A flat clean concrete surface serves the same purpose.
- ♦ Use cold water only to wet it.
- ♦ Rub the carpet with a soft brush soaked in carpet shampoo, woolite or soap that is specially designed for wool. Cold water soap could be used for machine-made carpets.
- ♦ Rinse the carpet very well with lots of cold water.
- ♦ Leave it in the sun to dry.
- ♦ Never hang the carpet to dry. Spread it out.

Another useful thing for people to keep in mind that if something spills on the carpet make sure to dry it immediately. Dry not only the surface but the bottom side of it too. A hair dryer may be used to dry damp carpets.

It is recommend people roll carpets rather than fold them when storing. Kilims may be folded though.

Carpets should be rolled with moth balls, wrapped in a piece of cloth and stored in a dry place. Moth balls should be used with

kilims too.

Following these rules can keep carpets clean and looking good for years to come.

## In Turkish

**hali - carpet**  
(hah - leh)

**temiz - clean**  
(teh - meez)

**yikamak - to wash**  
(yeh - kha - muck)

**sabun - soap**  
(sah - boon)

**firca - brush**  
(fehr - chah)

**yun - wool**  
(yuen)

**pis - dirty**  
(piss)

*Do you have a question about something Turkish? Ask Mehmet. To submit a question, call 6-6060 or e-mail mehmet.birbiri@incirlik.af.mil.*

# Ready to rock

## *Low impact, high intensity aerobics helps people get fit*

By Myles Hayes

39th Air Base Wing Public Affairs

Yeah right! That is what many say when watching exercise tapes and the instructor goes into a “double time” round house kick that only they can perform. Or, you just finished pushing with all your might on the bench press exercise and someone else comes and starts to warm up with the weight you just struggled with. These days of feeling uncomfortable with your workouts can be cured with the new low impact, high intensity aerobic class.

The class is held Mondays, Wednesdays and Fridays at 3 p.m. at the Fitness Center. The class is taught by Ken Roberts, a certified aerobic instructor for 12 years through the Aerobic and Fitness Association of America.

Mr. Roberts is a perfect example of the old cliché, “don’t judge a book by its cover.” The former Southern Methodist University football player is 6-foot, 3 inches tall and weighs 315 pounds. Many may think a man 315 pounds could not possibly know anything about teaching aerobics.

“People think because I’m big, that I’m lazy and I can’t teach an aerobic class,” Mr. Roberts said “I’m big, but I can work you.”

During the class one leg is always on the ground; the intensity comes with the music.

“Because of this, anyone is able to perform all of the movements of the class and can participate fully,” said Mr. Roberts.

The class begins with a five-minute warm up with music. With constant movement, the music intensity increases. This increases the tempo of the class during the 30 minutes of the peak aerobic stage. Later there is a 15 minute period of toning which includes upper body exercises and an extensive abdominal workout. The class concludes with 15 minutes of stretching, also known as the cool down. The same routine occurs every session of the class.

Ursula Campbell, Incirlik family member, said “The class gives you a very good workout and is a lot of fun. I like the music and the abs portion especially.”



During the low impact high intensity aerobics class participants keep one foot on the ground at all times.



Photo by Airman 1st Class Larry Reid Jr.

Kenneth Roberts (front), a low impact aerobics instructor, conducts a high intense cardio routine Wednesday.

“It’s important to someone’s health because it is a fitness class,” said Mr. Roberts “Overall, it makes people feel good about them selves. It’s slow pace but high intensity. Everyone is able to do the workout and everyone is welcome.”

Because of his stature Mr. Roberts understands people might shy away from his aerobic class. Away from football, Mr. Roberts became involved with aerobics because he said it keeps him in shape.

“I’m an aerobic counselor, I will talk to the participants and try to make everyone feel special during the class,” he said. “I love to workout, and I love to help motivate people. Teaching is my special niche it is a fun class; it’s open to anyone just come ready to work.”

Since Mr. Roberts is having surgery during the beginning of August there will be no classes during that month. However, he said he fully intends on continuing to teach after he recuperates.

“I’m going to start again some time in September I think,” he said. “I’m not going to quit teaching because of this.”

The class is held at 3 p.m. Monday, Wednesday and Friday at the Fitness Center. A sign-up sheet is located at the entrance of the class. For more information, call the Fitness Center at 6-1686.



## THE INCIRLIK GUIDE

### Golf events

A two person throw-out outing is 8 a.m. Saturday. Entry fee is \$10. Couples scramble is 4:30 p.m., July 24. Entry fee is \$5. The Wilson Handicap outing is 8 a.m., July 30. Entry fee is \$10. For more information, call 6-8995

### Leisure Time Park

Leisure Time Park is hosting Tops in Blue at 8 p.m. Sunday and Wayne Newton at 8 p.m. July 29. The park is located behind the Fitness Center, across the street from the Sultan's Inn. For more information call 39th Services marketing at 6-8411

### Senior NCO Seminar

The Senior NCO Induction Seminar for all newly selected master sergeants is 7 a.m. to 4 p.m. on Wednesday through July 22 at Customer College. The Induction Ceremony is 6 p.m. to 9 p.m. July 22 at the Club ballroom. Dress for military members is mess dress or semi-formal uniform. Dress for civilians is formal. For more information, call 6-3459.

### Dodgeball tournament

The Men's Varsity Softball Team is sponsoring a Dodgeball Tournament at 10 a.m. July 23, at the Fitness Center. It is open to all identification card holders 18-years -old and older. Sign up by Wednesday The fee is \$80 for an 8- to 10-person team that must include at least two females. For more information, call 6-6086.

### Artist craftsman contest

People who create fine art, industrial art, or picture art can participate in the contest. The theme is military life on Sept. 31. Open to all ages. For more information, call the Arts and Crafts Center at 6-3858.

### Stars and Strikes

For a chance to win prizes people can go to the Magic Carpet Bowling Center and participate in the stars and strikes program until Aug. 14. For more information, call 6-6789.

## WARRIOR OF THE WEEK



**Staff Sgt. Dana Luketic**  
39th Comptroller Squadron  
Financial Analyst

**Time in service:** Five years

**Hometown:** Kittanning, Pa.

**Time on station:** Seven months

**Hobbies:** Basketball and football

**Why did you join the Air Force?**

I joined the Air Force to travel and see the world.

**What do you like the most about Incirlik?**

I like that I don't have to pay taxes.

### Women's soccer

Talia Kosinski, 39th Logistics Readiness Squadron receiving technician and Incirlik Women's Soccer Team member, works on her technique during practice July 8.

The team meets 6:30 p.m. Mondays and Wednesdays at the high school soccer field and Fridays at the fitness center. For more information, call Stephanie Moore at 6-6810.



Photo by Senior Airman Dallas Edwards

**Yard sale:** A yard sale is

8 a.m. to noon Saturday at 3012B Eskisehir in Phantom Housing. Items for sale include children's toys, clothing, furniture and more. For more information, call Angela Hill at 6-2153.

**For sale:** Hitachi 29-inch multi-system television and Digiturk satellite dish. \$400 for both. Will sell separately. For

more information, call 6-2283.

**For Sale:** Sectional sofa navy blue, with additional multicolor cushions. Asking \$200 O.B.O. For more information, call 6-2565.

**For Sale:** House in Ocean Springs, Miss., near Keesler Air Force Base. Four bedrooms, two and a half bathrooms, two story, 2,350 sq. ft. Asking \$138,500. For more information, contact John at 6-9800 or 6-5466.



# COMBAT, SPECIAL INTEREST PROGRAM

## Combat Fitness

Floor aerobics are at 3 p.m. and core, pump, and circuit training at 7 p.m. on Mondays, Wednesdays, and Fridays at the Fitness Center. For more information, call 6-6086.

## Project Wizard

Read books and win prizes at 10:30 a.m. on Tuesdays at the library. Available for kindergarten through 12th grade. For more information, call 6-6759.

## Combat Exit

Due to changes in the European Union law, pets PCSing from Turkey to EU countries require a rabies antibody sample prior to their arrival into an EU country. Pets will need to have a blood sample take at the Incirlik Veterinary Treatment Facility. Testing must be done at least 90 days in advance to of travel and at least 30 days after rabies vaccination. Pets traveling to the UK, Hawaii, Guam, and Japan are still required to have the test at least 180 days before travel. Pets traveling to the Continental US require only a health certificate issued within 10 days of travel and a current rabies vaccine for entry. For more information, call 6-3119.

## Combat Touch

**Mid-week Bible Study** is 6:30 p.m. Wednesdays in the Chapel Annex. For more information, call 6-2188.

**Hours for Sunday worship** services at the base chapel in building 945 are:

Protestant:

8 a.m. – Traditional worship service

11:15 a.m. – Gospel worship service

6 p.m. Contemporary service

Catholic:

9 a.m. – Reconciliation

9:30 a.m. – Mass

Daily Mass is 6 p.m. Tuesdays and Thursdays.

The chapel also has points of contact for Jewish, Wiccan and Jehovah's Witness. For these and any other faiths, call the base chapel at 6-6441.



Photo by Tech. Sgt. William Gomez

## Café chat

(Left to right) 1st Lt. Ryan Elliott, 728th Air Mobility Squadron, Capt. Nancy Morin, 39th Mission Support Squadron, and Ann and Capt. Brian Eddy, 39th Medical Squadron, eat snacks at the Crossroads Café. The Café opens at 7 p.m. Fridays for people over 18 years of age and 6 p.m. Saturdays for all ages. For information, call 6-6441.



## AT THE OASIS

### Today

**7 p.m. – Madagascar (PG)(1st run) –**

Starring Ben Stiller and Chris Rock. Four residents of the New York's Central Park Zoo have spent their whole lives living happily there. Then one falls in with a crowd of devious penguins, who bring him along in their escape attempt. (80 minutes)

**9: 15 p.m. – The Interpreter (PG-13) –**

Starring Nicole Kidman and Sean Penn. Silvia alleges that she has overheard a death threat against an African head of state, in an instant, Silvia's life is turned upside down as she becomes a hunted target of the killers. (128 minutes)

### Saturday

**5 p.m. – Madagascar (PG)(1st run) –**

Starring Ben Stiller and Chris Rock. (80 minutes)

**7 p.m. – The Hitchhikers Guide to the Galaxy (PG) –** Starring Martin Freeman and Mos Def. Earthman Arthur Dent is having a very bad day. His house is about to be bulldozed, he discovers that his best friend is an alien and to top things off, Planet Earth is about to be demolished to make way for a

hyperspace bypass. Arthur's only chance for survival: hitch a ride on a passing spacecraft. (103 minutes)

### Sunday

**7 p.m. – The Interpreter (PG-13) –** Starring Nicole Kidman and Sean Penn. (128 minutes)

### Thursday

**7 p.m. – XXX: State of the Union (PG-13) –** Starring Ice Cube and Samuel L. Jackson. National Security Agency Agent Augustus Gibbons, fresh off the success of his last renegade recruitment, once again finds himself in need of an outsider. (112 minutes)

## AT THE M1

**War of the Worlds (PG-13) —** 11:30 a.m., 12:45 p.m., 2 p.m., 4:30 p.m., 5:45 p.m., 9:30 p.m. and 11:30 p.m. (110 minutes)

**House of Wax (R) —** 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m., 9:15 p.m. and 11:30 p.m. (122 minutes)

Movie listings are subject to changes. On-base listings are courtesy of the Army and Air Force Exchange Service Web site at <http://www.aafes.com/ems/euro/incirlik.htm>; M-1 listings are courtesy of the Tempe Cinemaxx Web site at [www.tepecinemaxx.com.tr](http://www.tepecinemaxx.com.tr). For more Oasis information and updates, call the movie recording at 6-6986 or the theater office at 6-9140.